




Spinning® Schedule

December 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Sign Ups start 15 minutes prior to class at front desk!</p> <p>Please bring towel and water bottle! to class!</p>					<p>1 5:00AM Interval Ride Chrissy</p> <p>5:30PM Happy Hour No Class</p>	2
<p>3 9:00AM Interval Spin Chrissy (45 -50 Minutes)</p>	<p>4 5:00AM Interval Ride Chrissy</p> <p>5:30PM Power Hour Beth</p>	<p>5 5:30PM Interval Ride Chrissy</p>	<p>6</p>	<p>7 5:00AM Interval Ride Chrissy</p> <p>9:15AM Interval SPIN Chrissy</p>	<p>8 5:30PM Happy Hour Tara</p>	9
<p>10 9:00AM Intro to SPIN Chrissy (30 minutes)</p>	<p>11 5:30PM Power Hour Tara Powell</p>	<p>12 5:00AM Interval Ride Chrissy</p> <p>5:30PM Interval Ride Tara Puitz</p>	<p>13 5:00AM Interval Ride Chrissy</p>	<p>14 9:15AM Interval SPIN chrissy</p>	<p>15 5:30PM Happy Hour chrissy</p>	16
<p>17 9:00AM Interval Spin Chrissy (45 -50 Minutes)</p>	<p>18 5:30PM Power Hour Beth</p>	<p>19 5:30PM Interval Ride Chrissy</p>	<p>20 5:00AM Interval Ride Chrissy</p>	<p>21 5:00AM Interval Ride Chrissy 9:15AM Interval SPIN chrissy</p>	<p>22 5:30PM Happy Hour chrissy</p>	23
<p>24 9:00AM Intro to SPIN Tara (30 minutes)</p> <p>31 9:00AM Interval Spin Chrissy (45 -50 Minutes)</p>	<p>25 </p>	<p>26 5:00AM Interval Ride Chrissy</p> <p>5:30PM Interval Ride Tara Puitz</p>	<p>27</p>	<p>28 9:15AM Interval SPIN chrissy</p>	<p>29 5:00AM Interval Ride Chrissy</p> <p>5:30PM Happy Hour Tara</p>	30